



WELLNESS WEEKLY

APRIL 14, 2014

APRIL IS...

- ◆ Stress Awareness Month
- ◆ National Testicular Cancer and Esophageal Awareness Month
- ◆ Alcohol Awareness Month

ATTENTION:

Wellness AMBASSADORS, Wellness CHAMPIONS & City EMPLOYEES.

Would you like to host an EVENT at YOUR AGENCY or worksite location?

For information contact the Wellness office at

Wellness @baltimorecity.gov or via phone at: 410 396-3872

ALL WELLNESS EVENTS ARE FREE & OPEN TO ALL BALTIMORE CITY EMPLOYEES.

What is a CSA?

Community Supported Agriculture (CSA) is a pre-paid box of fruits and vegetables from a local farm. In the Homegrown Baltimore Employee Wellness CSA FarmShare program, produce will be delivered directly to your office.

Join the Homegrown Baltimore Employee Wellness CSA Farmshare! Contact Joanna Winkler at Joan-winkler@baltimorecity.gov to find out how to sign up.



This Week's Events:

<u>Event</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>
Yoga (sponsored by United Healthcare)	Apr. 16	Department of Human Resources 201 E. Baltimore St. 4th Floor, Room 450 Baltimore, MD 21202 Registration Required: www.cityofbaltimorewellness.com	12:00-1:00 p.m.
Baltimore Bike Rides (weekly) (sponsored by Baltimore City Recreation & Parks)	Apr. 18-Oct. 31	War Memorial Plaza 100 N. Holliday Street Baltimore, MD 21202 Registration Preferred: www.cityofbaltimorewellness.com	12:00-1:00 p.m.

Coming Soon:

<u>Event</u>	<u>Date</u>	<u>Location</u>	<u>Time</u>
Feel Fine in Five: Stress Reduction (sponsored by Aetna)	Apr. 23	Department of Human Resources 201 E. Baltimore St. 1st Fl., Montebello Suite Baltimore, MD 21202 Registration Required: www.cityofbaltimorewellness.com	12:00-1:00 p.m.

Attend a wellness event in the month of April and your name will be automatically entered into a drawing for a free fitness giveaway!
(Winners do not have to be present at the time of drawing to win)

Alcohol & Substance Abuse: Recognizing the Symptoms

Lots of people are substance abusers without even knowing it. But, there are ways to tell when your dependence on alcohol or another substance is out of control.

A sense of dependency. You feel you can't get by without a drug, alcohol, or other substance. You may:

- Use it in the morning to get yourself going;
- Use it at night to fall asleep;
- Need it throughout the day to steady your nerves; or
- Rely on it to enhance your mood.

Inability to quit. Your efforts to quit always end in failure. You swear to yourself this is the last time, but, then it never is.

Feelings of guilt or shame. Abusers are often embarrassed by their behavior. You may:

- Lie to others about your drinking or drug use;
- Become angry when someone brings it up;
- Steal away to drink alcohol or use drugs in secret.

Risky behavior. It leads people to do things they otherwise wouldn't do. You may:

- Spend more than you can afford on alcohol.
- Consume it in greater amounts.
- Drive while intoxicated.
- Steal to support your habit or commit other kinds of crime to support it.

Inability to function. Alcohol abuse hinders success in other ways to. A person suffering from addiction may:

- Get into trouble at work
- Fall behind in school
- Have money problems
- Alienate friends and loved ones
- Have marital or relationship problems
- Abandon other interests and activities.

This information provided by United Healthcare is not intended nor implied to be a substitute for professional medical advice. It is provided for educational purposes only.

ATTENTION!!!! The Wellness Program has gone Social! Social Media that is...

Connect with us on FACEBOOK at :

<https://www.facebook.com/#!/pages/City-of-Baltimore-Wellness/428811130583328?fref=ts>

OR

On the WEB at : <http://humanresources.baltimorecity.gov/Wellness>